RESOURCES

News about nature, history and horticulture in Fairfax County

Volume 1, No.1

Fall 2000



Welcome!

e are delighted to introduce you our free newsletter about your county parks and all the things that go on there. *ResOURces* is designed to tell you what's new in the parks, where your nearest park is, how to get gardening tips, about the history of the land and much more.

Every quarter we hope to give you an inside look at the happenings in our enormously varied parks, about special events like festivals and seasonal celebrations, on fascinating flowers and plants, historic mills and houses. We'll tell you about programs for kids, tours and tips for adults, and most especially adventures for the whole family.

This year marks the 50th anniversary of the Fairfax County Park Authority. The foresight of county citizens has allowed for the protection of open space, of cultural and historic sites and for resource management of over 19,000 acres today. This is a heritage indeed worth preserving in an evermore-urbanized county 10 times its size in 1950. We hope that this newsletter will help us all better appreciate, enjoy and take responsibility for the well being of these unique resources, for ourselves and for our children.

Putting this first issue together has been exciting for us. Now we want your feedback to be sure we're covering stories you're interested in. So take a good look, tell us what you think. Future issues can be delivered to you at home by returning the form on page 8 or by registering, as you do for *Parktakes*, on the Park Authority's website. Our address is www.co.fairfax.va.us/parks/Resources.htm. Sign up in time for the winter issue. We want to tell you more about Our Resources — so much happens every season!

Jane Scully, Editor



A cardinal makes good fall viewing.

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What's New for Fall

No Baking in the Attic

In this heat and humidity. give some thought to those precious family heirlooms you may have stored in the attic, like wedding or fine clothing, books, antique quilts or linens and wooden furniture. Objects made of natural materials and fibers have to breathe (expand and contract) to keep from breaking down or becoming susceptible to insect invasion or mold and mildew. Keep them away from direct sunlight in areas between 70 and 72 degrees with humidity around 50 to 60 percent; you'll find out that's where you're comfortable, too!



:Hola and Hello!

Providing new talent to the Park Authority this summer is intern Stacey Claytor. Stacey is in great demand for

translating park brochures and press releases into Spanish, her major field at James Madison University. She sees languages as a way to communicate and help people. When not translating, Stacey works and sings with five choirs and continues her "real love in life," dance. Wow!

Tip-top Tree Time

"How bravely Autumn paints upon the sky the gorgeous fame of Summer which has fled"

- Julia Ward Howe

They are just pigments in the leaves but for some reason most of us go gaga over fall colors. Since trees draw so much attention to themselves this time of year, why not join naturalist Jim Pomeroy on a walk at Hidden Pond Nature Center to learn which tree is which? Fall Tree ID Walk, October 14, 10:30 a.m. to noon.



Planning a Wedding or Reception?

It's not too early to reserve one of our unique historic rental properties located throughout the county for that Special Event. The eight sites, from rustic Dranesville Tavern to elegant Stone Mansion, are perfect for intimate gatherings or for groups up to 250.

May and June 2001 dates are going fast, so call

the Historic Properties Rental Services at 703-938-8835. Descriptions of the historic properties are on the web at www.co.fairfax.va.us/parks/weddings.htm.

Archaeology at Mount Air

This fall the Cultural Resource Protection Group and volunteers are conducting archaeological investigations at Mount Air Historic Site near Ft. Belvoir. In the shadow of the ruined 19th century mansion, park archaeologists set out to find evidence of 18th century occupation of the plantation. And there, in the remnants of the formal garden, they found what appears to be the cellar of an 18th century building. Stay tuned for more news!



Virginia Indian Festival at Riverbend

On the banks of the ancient Potomac River, Virginia Indian tribes from the Piedmont and Coastal Plain will gather on Saturday, September 30, at



Riverbend Park for the second annual Virginia Indian Festival. Try your hand at spear throwing and bowand-arrow shooting, be a part of the hands-on tool demonstrations by county archaeologists and talk to a Native American technology expert. And while you're there, keep an eye out for some of the 200plus species of birds found at Riverbend!

> For more information on these and other events, see page 8 for site addresses and phone numbers or check out our website at www.co.fairfax.va.us/parks/nature.htm.



Fall Garden Day

Green Spring's Annual Fall Garden Day takes place on Saturday, September 23, 10 a.m. to 3 p.m. Enjoy the gardens at the height of their fall display, meet other avid gardeners and choose from a wide range of plants offered by 40-plus vendors like the local chapters of the Virginia Native Plant Society and the North American Rock Garden Society. Let our experienced horticulturists help you choose the perfect plant for your garden.

RESOURCES

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Innovative Projects

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BACK TO SCHOOL...

with the Park Authority

ducating audiences about nature, history and science has always been a goal for the Fairfax ■County Park Authority. Now in a wonderfully synergistic fashion, the parks have become major players in helping county students meet the state's new Standards of Learning (SOLs) for student achievement. Programmers at Fairfax County park sites have been busy revamping their interpretive programs to help teachers give hands-on, real-life experiences for their students to underline the concepts they are required to have mastered.

"We had over 9,000 elementary school kids visit us this year," reports Mike Henry, site manager at Colvin Run Mill, the only remaining operational waterpowered gristmill in Fairfax County. And at Frying Pan Park 10,000 students visited the 1930s Depressionera Kidwell Farm and dairy. Each site offers tremendous opportunities for teaching elements of the state's history and social studies curriculum as well as science objectives for all elementary grades.

One cool, beautiful day last spring, three third grade classes from Herndon Elementary came to Colvin Run Mill to learn about economics and simple machines, elements in the history and science SOLs. The excited group ran among three learning centers, each with a docent who asked them guestions.

"Why would you put a mill here? Yes, it is on water to power the mill. What else? Yes it is on a road, where farmers could bring their grain down from the Shenandoah Valley to the miller who ground it into meal or flour and took it on downhill to the port of Alexandria for sale." Students begin to understand how geography and transportation influenced the location of the mill and community.

> An understanding of simple machines like the wedge, the screw and the auger is a major science SOL, and the students love trying these out for themselves. Best of all, the beautiful old mill is an ideal visual for seeing how effective such machines can be. Volunteer Nick Yannerell underlines their labor-saving nature.

> "The grain is ground between the bottom stationary stone and the top, or runner stone. That runner stone weighs one

ton. How do you think they raised it? They turned the large metal jackscrew attached to the band around the stone. You can raise that one-ton stone with one hand." Eyes widen at the idea of such power.

Over at the Kidwell Farm at Frying Pan Park, more third graders, these from Pine Spring Elementary School, are coming for a Town Meeting circa the 1930s when the Depression had wiped out savings and a multi-year drought had killed farm crops.

"It was a hard time to live," says program interpreter Linda Gilmore. "It was a struggle. People had to work together, to help each other." Using props of hats, gloves, jackets and aprons, Linda puts on appropriate wear as the students suggest who might come to the Town Meeting in the 1930s community of Floris.



"Why does the farmer need the blacksmith? Right, to shoe his horses and fix his tools," explains Linda. "The farmer also needs the doctor who comes to the house when his children are ill and the teacher to teach his children. And he and his wife need to buy things from the shopkeeper that they can't grow or make." Heads nod as students begin to think about how each community member depends on the skills and products of the others.

The message is reinforced by a scavenger hunt, with groups formed into community families who are given situations to solve: "Your son needs to have his broken arm checked. Find the doctor." Off they run — shaking out those big muscles — to find places on a map. The sense of an interactive community is now physically reinforced.

Teachers appreciate the creativity of the interpreters and the park sites' possibilities for making big concepts visible and understandable. "The docents are extremely well prepared and informative, giving students information that they will remember long after they leave the mill," reports one teacher.

For more information on Colvin Run Mill, see our website at www.co.fairfax.va.us/parks.history.htm. For more on Frying Pan Park, see us at www.co. fairfax.va.us/parks.omp.htm. 🥥



One of the

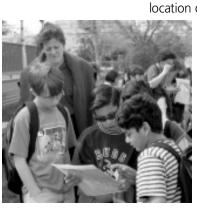
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best allies on

has been the

Park Authority



SPECIAL EVENTS

Celebrate the Century: The Sully Quilt Show



The Hayfield Country Quilters

The 27th Annual Sully Quilt Show and Sale September 10, 2000 from 10 a.m.

to 5 p.m.

Music from the Fairfax Symphony Woodwind Quintet, the Dixieland Band, and the Moonlighters

Admission fees include a tour of the 1794 house and a chance to win the beautiful quilt door prize!

\$6 seniors

\$4 children

ake a close look at the magnificent jewel-colored quilt to be given as a door prize at the Sully Quilt Show and Sale on September 10. Called "Celebrate the Century", the full-sized quilt, made of 2000 pieces of fabric representing American life, gives a rich and varied feel of color and shape. The quilt was made by the Hayfield Country Quilters in Springfield, who designed and pieced the quilt, with quilting done by the Quilting Cellar of Annandale.

Look carefully at the particular fabrics used and how they demonstrate the diversity of American culture at the end of the 20th century. Look for the pieces printed with lines of music from gospel and squaredancing music. Find the African patterns, football motifs, the strawberry shortcake and ice cream sodas, the sewing scissors, the baseball and bat fabric pieces, the hot chilies, the Hershey and Reese's candy bars, the stars and the stripes in many styles. And you may begin to see why quilts, valued for their beauty and their handwork, are also a vivid expression of the times in which they are made.

Then explore the collections of 60 different vendors gathered for the East Coast's largest outdoor quilt show and sale. In colorful tents and displays, vendors of books, fabrics, notions and quilting equipment will join collectors of antique quilts of every style and sellers of contemporary quilts with applique embroidery, or hand-dyed fabrics. Quilters Unlimited, Reston Chapter will provide demonstrations and talks on quilting, and park staff will help with some children's quilting activities. Quilt appraisals are also a popular feature: for \$5 you can get an expert oral appraisal on your mystery quilt. This year a beautiful poster of the millennium quilt will be for sale.

Be sure and ask about the stories behind the quilts — who made them, when, and what was known about them. The stories delight quilt admirers, give important clues to fill out the often-unrecorded stories of lives and places and provide a human dimension to times and places in history.

"A major purpose for quilt making has been economic," says Joan Knight, who heads the Virginia Quilt Museum in Harrisonburg. "Quilting groups often came together to raise money for a church project, like a new church steeple. In other cases, such as in the Mennonite community near Harrisonburg, quilting was a way for women to earn their living and

raise their children in a fashion that was acceptable to their community."

The Sully show is a reminder that quilts have long been a part of our culture. Some very special quilts have been made from old feedsacks, such as the ones used at Colvin Run Mill to hold grain and flour ground by the mill, one of many in the area. Like the "Celebrate the Century" quilt, the feedsack quilts speak of a time and a culture that has all but disappeared as the quilters of the 1930s and 1940s are lost to us.

arly in the 1900s women used the empty plain feedsacks for towels ("still the best — they're lint-free," says Joan), undergarments and curtains. It took six sacks to make a sheet. "Nothing went to waste; what we call recycling, they would call 'making do,'" she notes.

By 1930, in an attempt to gain favor among women, businesses in grains, seeds, flours and sugar began to create pastel sacks and then used printed fabrics for sacks, with thousands of designs created every year. Some mills would even let customers trade in their empty sacks for another print. Dress patterns specified the number of sugar sacks needed for a particular size.

At first, the prints offered as "eye-catching" were of flowers and household goods like teapots and dishes. Then came lines of juvenile prints, then geometric. Inevitably, the scraps from the sack/clothes were used as quilt fabrics, helping date some wonderful quilts. During World War II, sacks featured the Liberty Bell, pictures of General Douglas MacArthur and planes in victory formation. There was even a period of *Gone with the Wind* printed sacks!

While the materials of all these quilts tell a story, even more important is knowing the history of who made the quilt, so often lost as the post-war generation tried to put hardship behind them. Joan Knight preaches to her school audiences to "write down who made the quilt and anything else about them. Because you are the ones who will carry the stories."

At Sully, many of those stories will be on show for you to see and hear. There will also be an exhibit of quilts in the 1794 house, which will be open for tours as part of the ticket price. Join us for a wonderful event! For further information, call the Sully Historic Site at 703-437-1794.

PARK PICKS

Huntley's Fall Raptors

By Andy Higgs, Volunteer



Then the fall migration heats up in September, few places in the region can compete with Huntley Meadows for watching the action. Warblers, waterfowl, shorebirds and sparrows all come in their turn. But for many birders, it is the abundance of raptors that makes this such a special place. And for novice birders, they are dramatic and exciting to see. The best light for wildlife viewing from the boardwalk and tower is in the early morning when the birds are most active.

By mid-September, the arrival of a cold front from the north signals the passing of the broad-winged hawks. These compact, round-winged buteos with their broad fanned tails are usually seen soaring overhead, but often are discovered in the morning perched in trees where they have rested overnight. The immature of this species are easily confused with the park's resident red-shouldered hawks, so be sure to give all mid-sized buteos a good look.

As September continues, the streamlined falcons arrive, with their long pointed wings, large heads and tails that narrow at the tip. Kestrels, merlins and even the occasional peregrine may turn up, and early morning visitors are often treated to these fast-flying hunters looking for an unlucky songbird. In fact, the sight of a merlin feeding on a sparrow at the start of the boardwalk has become a frequent event in recent fall and winters.

October brings fall colors and two accipiter species, the sharp-shinned and cooper's hawks, both reach their migratory peak. These two long-tailed hunters are often the targets of abuse from blue jays and flickers, which seem to make a game of how close they can get to the perched hawk before it gives chase. Then, they start the whole routine all over again! The largest migrating raptors also arrive in October, with red-tailed hawks and bald eagles providing regular sightings. Come meet us at the Observation Tower and watch the show! Directions are on our website at www.co.fairfax.us/parks/nature.htm.

Pursuing History... The Sully Slave Quarter

By Barbara Naef, Resource Stewardship Manager

his summer we began our interpretive programs at the house constructed in the clearing beside the old roadbed at Sully. Installing the Slave Life Learning Center in proper guarters brings to conclusion a long, innovative and complex project in historic reconstruction. It involved many people who shared a vision, disagreed mightily as to how to make it real and ultimately succeeded in defining a space that would allow more of the Sully story to be told.

Sully is the circa 1794 home of Richard Bland Lee, northern Virginia's first congressman. Archaeological work at the house in 1984 revealed the probable site of a slave quarter, a slave housing and agricultural area. A plan to reconstruct a dwelling there immediately followed.

Staff members pursued different tracks. Archival research led some to Hampton University and its cache of oral histories and photographs. Primary researchers worked for years, reading and searching for tantalizing references to the slave families and their dwellings. Along the way staff members produced a video, Sully's Shadow People; drew up a Furnishings Plan for the Slave Quarter; and presented the biography of one of Sully's enslaved residents, "'Old John' — In Search of His Story."

Questions abounded. If we knew the footprint from the archaeology, could we extrapolate the configuration of the building? Why

was the structure skewed in relation to the road? Why was the hearth on the side wall rather than the end wall? How high, how low, were the windows? Was there a window on the gable end? How could we explain the swale over which the cabin had been raised? How many people may have lived there? Should we include a loft? We thought there was a garden; where would it have been in relation to the house and the road? How would it have been fenced? What would have grown there?

Our best efforts at answering these

guestions and creating a place to interpret the lives of those whose circumstances have been learned chiefly through material history are now incorporated into the dwelling, its environs and scant furnishings. Six years later than planned, but with a great sense of accomplishment and anticipation, we can more fully tell the important story of those who lived beside Sully's South Road.

For more about Sully, see our website at www.co.fairfax.va.us/ parks/history.htm. 🥩



Fighting Back on Invasive Grass

t arrived by boat some 80 years ago, probably used as packing Lmaterial for precious Asian porcelain. From its accidental introduction in Tennessee, Japanese stilt grass has spread its army of seeds now as far north as Connecticut. Its tactics: to produce dense mats in shady, wet soil, effectively choking out other species. Its effects: to degrade the breeding habitat of some of our rarer waterfowl like wood ducks and US Fish and Wildlife Service's (USFWS) high-priority

birds like the wood thrush that depend on certain native plants for their food and nesting sites.

Japanese stilt grass is an "invasive exotic," with no natural predators in this country to check its spread. In the forested wetlands and streams of Huntley Meadows Park, considered one of the top birding spots in the country, over half of the 1,425 acres are choked with stilt grass. The diversity of plants and structure of the wetland communities have been affected. With so few other breeding places in this urban area, the invasion threatens the loss of large waterfowl and migratory land bird populations, and declines have already been observed.

"What really opened things up for Japanese stilt grass was the destruction of the forest understory by an overpopulation of browsing white-tailed deer," says Huntley Meadows Resource Manager Chris Lamond. "They ate almost everything. The grasses moved into the disturbed areas under the trees and filled the vacuum. The increase in affected acres was 30 percent in one year."

Lamond's work in researching, designing a management program, finding grant funding and partnerships, keeping exact records for 1,142 control units and restoring 262 acres to native growth has won him high marks in the park system. He is the only person to have twice received the Park Authority's Stewardship Award. In the spring, he also was chosen for Fairfax County's Outstanding Performance Award.

Among Lamond's research finds was the work of Dr. Jeffrey Jackson at the University of Georgia which indicated that Japanese stilt grass may be effectively eradicated by successive treatments with a highly diluted



Resource Manager Chris Lamond

0.5 percent solution of Roundup. Such a dose allowed 22 more-robust native plants to survive the application and hence to promote revegetation of the treated area with existing native species.

Another reason for all the interest was the scale of the project. "It was the first time a control of Japanese stilt grass of this size has even been done," notes Lamond, referring to the project as "landscape scale, park-wide, over hundreds of acres," rather than the much smaller sitespecific controls.

But the size also made getting enough resources for the project difficult. Lamond, again working the phone network, took a new approach by creating a partnership of groups that would provide in-kind services to apply for a monetary matching Wetlands Restoration Grant from an office of the USFWS.

"We made the match with \$12 to spare," smiles Lamond, thinking of how much had gone into putting the match together. But even with the grant, total control of the invasive was not possible. Lamond and others decided to attack the acreage that had less than 50 percent of its growth in Japanese stilt grass.

"We started on the leading edge of the invasion and worked backwards," Lamond reports. "We wanted maximum impact for the time and money available. And without major funding, the areas with more than 50 percent invasion really can't be restored."

It's no fun working in grassy wetlands alongside ticks, chiggers and poison ivy. However, between July and September, right before the grasses germinated and spread their seed, registered technicians began their attack. They applied the blue-dyed diluted herbicide by hand using backpack sprayers, carefully following the transect lines to reach each plant. Contractors filed detailed daily reports to insure the stringent management prescriptions were being followed. Hard work, but the grasses died.

Thus far the restoration has been a big success. Spot checks will continue to be made, and there are plans for follow-up spraying as funding becomes available. Eradicating invader species is an extremely difficult problem, and halting its march is the only viable goal. But if you're protecting a precious natural resource like Huntley Meadows, you're just glad that the native plants and birds will have a little more space this year. 📦



Stilt Grass (Microstegium vimineum)

HIDDEN OAKS... A Neighborhood Institution

The Many Parks of Fairfax County

One park is an urban neighborhood nature center just off the Beltway where three generations of kids have learned about local snakes, turtles and butterflies. Another is a drive-to park 13 times its size, with the natural and cultural elements, ponds and streams of a large-scale site.

In the wetlands of a third park, birders gather year-round to see what herons, ducks and warblers are to be seen. At another site history is the draw with special events and tours of the 18th century house, outbuildings and gardens that crown the hill.

These are just some of the diverse range of properties and operations overseen by the Fairfax County Park Authority. Each park is different, with its own target audiences and programs dictated by the resources available on site. In this issue we take a look at Hidden Oaks Nature Center.



Kahen Yassin and Yousuf Yousuf watch a snake climb up — but not out of its cage.

idden Oaks is smaller than many of our parks," says Suzanne Holland, a naturalist and imaginative program leader at Hidden Oaks. "So when we do programs on the American Indians, we do displays, make costumes and play Indian games. The space is smaller, and our kids are young."

A primary audience for Hidden Oaks is three-to-five year olds. The programs focus on exploring and learning about things in their own backyards, woods and ponds. And preschoolers love it. Class groups come for a walk and a program inside the center, called "Reptiles: Tales of Scales." The children are a little tentative as they begin walking along the one-third mile section of trail and looking at what's under logs. But in minutes, it's "What's this?" "Can I hold it?" "Oooh, ick!" "Let me hold it!"

Recent growth of immigrant populations around Annandale has given a boost to programs like Headstart that help preschoolers become more socialized and ready to start kindergarten with their peers. Headstart classes have a strong parent-child ratio, and many of the parents are at Hidden Oaks on this trip with their child.

"It's the parents who will continue the experience for the child. The program empowers them both," reports John Shafer, Hidden Oaks' interpretative specialist.

Suzanne Holland wants to accomplish two big purposes: helping the preschoolers separate fact from fiction and teaching parents to understand the importance of modeling good behavior. If parents recoil or shudder, their children will as well, closing down the learning experience for all parties.

"Are there crocodiles in our creeks?" asks one boy in the semi-circle. No, says Suzanne, but there are turtles and some snakes. And so begins her lesson to help them see the role of turtles and snakes as part of the natural world and their differences from people.

As Suzanne pulls out first small snakes, then larger ones, several parents close their eyes — but try not to shudder.

"What do we have that this snake doesn't have? Yes, it's hands. Snakes don't have hands. They use their teeth to protect them. Look at this brown snake; it has two sets of teeth in its upper jaw. And lots of ribs that could break. You have ribs too, don't you?" Suzanne warns them not to touch the snake, that it might carry salmonella. Since thorough and immediate handwashing after handling is necessary, children under five should not handle snakes, turtles or lizards.

"I was afraid of snakes when I was little," notes Suzanne, showing them a big black rat snake. An awed voice whispers "Wow!" "But now I've learned more about them, I enjoy telling others like you about how to appreciate their unusual ways, because they do a lot of good — they eat lots of mice and

rats," Suzanne continues. "And usually they are more afraid of you stepping on them than you are of them."

Teachers, children and parents all seem to have enjoyed the walk and the program. "I'm not as scared anymore," says one girl. The staff members smile, wave goodbye — and get ready for the next group.

For more on Hidden Oaks, see our website at www.co.fairfax.va.us/parks/nature.htm.



Cristian Yanez bravely holds a worm found under a log on the trail.

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YOUR PARKS

Where is the Park Closest to You?

Ellanor C. Lawrence Park, Walney Visitor Center5040 Walney Road, Chantilly Call 703-631-0013
✓ Sully Historic Site Sully Road, Chantilly
✓ Green Spring Gardens Park Horticulture Center4603 Green Spring Road, Alexandria Call 703-642-5173
Hidden Oaks Nature Center7701 Royce Street, Annandale Call 703-941-1065
→ Hidden Pond Nature Center 8511 Greeley Blvd., SpringfieldCall 703-451-9588
Huntley Meadows Park3701 Lockheed Blvd., Alexandria Call 703-768-2525
Riverbend Park 8700 Potomac Hills Street, Great Falls Call 703-759-9018
Colvin Run Mill10017 Colvin Run Road, Great FallsCall 703-759-2771
Frying Pan Park2709 West Ox Road, Herndon Call 703-437-9101
Need directions? More information?

Ît's Fall! Have Fun!

It's Happening at Your Parks...

- Win the beautiful handmade "Celebrate the Century" Quilt, the priceless door prize at Historic Sully's Quilt Show and Sale on Sunday, September 10. See inside, page 4.
- At Frying Pan Park, sit back and enjoy a 20-minute hayride through the woods and learn about the local plants and animals. Group reservations available. \$2/person. Call 703-437-9101 for exact times.
- Go fishing or just stroll along the Potomac at Riverbend Park, where the ripe fruit of the Pawpaw trees make the air redolent with smells of fall. Watch for the many butterflies in the meadow.
- Brand new at Green Spring will be Witch Hazel Weekend, October 20-22, including talks on witch hazels as medicinal

plants for Native Americans and now used in your shampoos and facial toners. And there's dowsing on Sunday! Free. Call 703-642-5174 for a schedule.

Visit us online at: www.co.fairfax.va.us/parks

- Be a part of VolunteerFest 2000 on Saturday, October 28. Join with the Park Authority and Volunteer Fairfax to tackle big and little service projects dedicated to the preservation of environmental and recreational resources. Call 703-246-3460 for details.
- The Civil War was played out across the hills and fields of what is now the Walney Visitor Center at Ellanor C. Lawrence Park. On November 4, "War Comes to Walney" is a full-day reenactment of camp life as recreated by the 42nd Virginia and 28th Massachusetts Infantry regiments. Call 703-631-0013.



Fairfax, Virginia 22035-1118